



Medical City
Children's Hospital

kids teaching kids®



2019
VOLUME 5

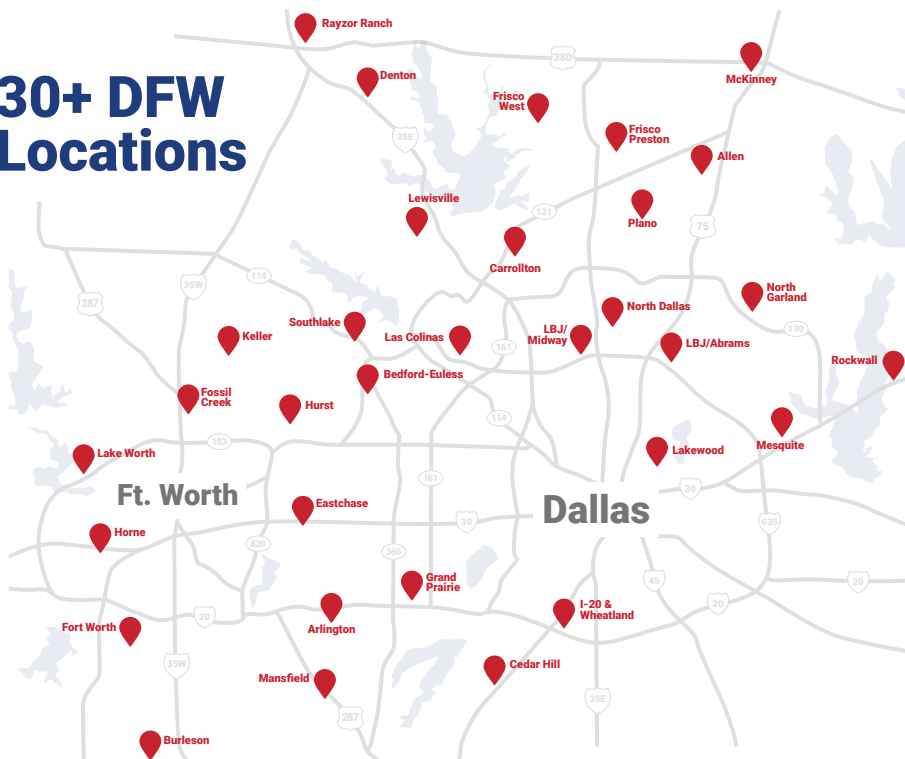
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30+ DFW Locations



Open every day

Mon-Fri: 8am-9pm

Sat: 8am-8pm

Sun: 8am-5pm

21-DAY CHALLENGE

October 7 – October 27

The challenge encourages students to get into the kitchen and make their own fruit and veggie snack creations. We encourage families to take the challenge together while developing lifelong healthy eating habits, one snack at a time!

Parents, please register your child for the 21-Day Challenge at kids-teaching-kids.com

Click on Sign-Up

Click on Sign-Up a Student

**Step
1:**

NOTE: After clicking the “Submit” button, please scroll down to the bottom of the screen to see your confirmation message.

To register another child, click on Sign-Up Another Student at the bottom of the confirmation page OR click on the Sign-Up tab at the top of the webpage to repeat the process.

NOTE: PLEASE DO NOT HIT THE “BACK” BUTTON at any time during the sign-up process.

**Step
2:**

Each day, for 21 straight days, create a healthy snack that includes a fruit or veggie. You may use the recipe book* we provided or the Healthy Snack Finder at kids-teaching-kids.com.

Note: To use the Healthy Snack Finder, simply type in an ingredient. The snack finder will search our database of hundreds of healthier snacks that use that ingredient.

*You may also download the recipe book for free from our website.

**Step
3:**

Each day, write down your snack in the Snacking Log in the back of this book.

**Step
4:**

Two weeks after completing the challenge, be on the lookout for an email or text to take the final assessment. Use your child’s Snack Log to complete the assessment. Students who have signed up and completed the final assessment will receive a reward when they return from spring break.

**Parents, please register your students between
September 23 and October 7!**

EL RETO DEL LOS 21 DIAS

del 7 de octubre al 27 de octubre

El reto invita a los alumnos a que entren a la cocina y puedan crear su propio snack. Invitamos a las familias a tomar el reto juntos mientras que desarrollan hábitos de comer saludables de por vida comiendo un snack a la vez.

Paso 1:

Padres, favor de registrar a su hijo para el Reto de los 21 Días en kids-teaching-kids.com
Haga "clic" en Sign-Up
Haga "clic" en Sign-Up a Student

NOTA: Después de hacer clic en el botón "Submit", desplácese hacia abajo hasta la parte inferior de la pantalla para ver el mensaje de confirmación.

Para registrar a otro niño, haga clic en Sign-Up Another Student en la parte inferior de la página de confirmación, o haga clic en la pestaña Sign-Up en la parte superior de la página web para repetir el proceso. **NOTA: NO PULSE EL BOTÓN "VOLVER"** en ningún momento durante el proceso de registro.

Paso 2:

Cada día, por 21 días continuos, puedes crear un "snack" que incluya una fruta o un vegetal. Puedes usar el libro de recetas* que recibiste, o el Healthy Snack Finder en kids-teaching-kids.com.

NOTA: Para usar el Healthy Snack Finder, simplemente teclea un ingrediente. El snack finder buscará en nuestra base de datos de entre cientos de snacks saludables que utilizan ese ingrediente.

*También pueden descargar el libro de recetas gratis en nuestro sitio.

Paso 3:

Cada día, anota lo que comiste como "snack" en tu Snacking Log que se encuentra detrás de tu libro de recetas.

Paso 4:

Dos semanas después de completar el reto, espera un correo electrónico o un mensaje de texto para recibir una breve encuesta. Use el registro de refrigerios de su hijo para completar la evaluación. Los alumnos que se han registrado y que han tomado la encuesta, recibirán un reconocimiento cuando regresen de vacaciones de spring break.

Registre a sus hijos entre el 23 de septiembre y el 7 de octubre.



Welcome to the fifth edition of the kids teaching kids® North Texas Recipe Book!

This year's edition is a collection of top snacks from 15 North Texas school districts. Texas ProStart® culinary students competed to have their recipe submissions published in this edition.

Every snack has one serving of fruits or veggies, follows the Dietary Guidelines for Americans and is designed for elementary school-aged students to prepare themselves.

We encourage families to take the challenge together while developing lifelong healthy eating habits, one snack at a time! Get in the kitchen, play with your food and have fun being healthy together.

Visit us at Kids-Teaching-Kids.com and MedicalCityChildrensHospital.com

Join us on Facebook: [Medical City Children's Hospital](https://www.facebook.com/MedicalCityChildrensHospital)

Follow us on Twitter: [@MedCityChildren](https://twitter.com/MedCityChildren)

Parents, to ensure your children's safety, please supervise them while they are preparing these recipes and using kitchen tools and equipment.

Children, always ask an adult for permission before preparing these recipes.

Post your Healthy Snack Selfies at
[#TKTK21Day](https://twitter.com/TKTK21Day)





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🎬 WATCH THE VIDEO AT:
[KIDS-TEACHING-KIDS.COM/HEALTHY-SNACK-FINDER](https://kids-teaching-kids.com/healthy-snack-finder)





The Dairy Farm

It's all about the cows; they have special stomachs that turn plants into milk. Dairy farmers care for them every day, even weekends and holidays!



Milk Truck

The milk gets cooled in large tanks, tested for safety and then driven in a tanker truck to the processing plant.

Cheese and More

Milk is pasteurized to ensure safety and freshness. It can then make all sorts of dairy foods, like cheese, yogurt, butter and ice cream.



The Store

The milk and other dairy foods are packaged up and sent in a refrigerated truck to the grocery store.

Your Fridge

The dairy gets to you, so you can fuel up with three servings every day and get important nutrients like protein and calcium.



Find the "Fuel Up Snack" recipes in this book and get more
#DairyAmazing recipes at DairyDiscoveryZone.com

CUCUMBER POPPERS

INGREDIENTS

- CUCUMBER, WITH PEEL, 8.25", 1/2 ITEM
CLUT INTO THICK SLICES
- CREAM CHEESE, NONFAT 3 TBSP
- CHERRY TOMATOES, FRESH 1/8 CUP
- CARROTS, FRESH, SHREDDED 2 TBSP
- GARLIC POWDER 1/8 TSP
- RED PEPPER, CHOPPED 1/4 CUP



INSTRUCTIONS

1. ON A CUTTING BOARD USING A BUTTER KNIFE, CUT THE CUCUMBER INTO ABOUT 8-9 SLICES, DEPENDING ON THICKNESS. PLACE THE SLICES ON A PLATE.
2. NEXT, CHOP CHERRY TOMATOES INTO QUARTERS BELL PEPPER INTO SMALL PIECES. FINALLY, CHOP SHREDDED CARROTS INTO SMALLER PIECES.
3. IN A BOWL, COMBINE CREAM CHEESE WITH GARLIC POWDER, CHOPPED RED PEPPER AND SHREDDED CARROTS. MIX WELL WITH A SPOON UNTIL FAIRLY SMOOTH TEXTURE IS ACHIEVED (NOT LUMPY).
4. PUT A DOLLOP OF CREAM CHEESE MIXTURE ON EACH SLICE OF CUCUMBER (DIVIDE EVENLY AMONG SLICES).
5. TOP EACH SLICE WITH 2 CHERRY TOMATO PIECES.
6. POP YOUR POPPER INTO YOUR MOUTH! ENJOY!

NUTRITION



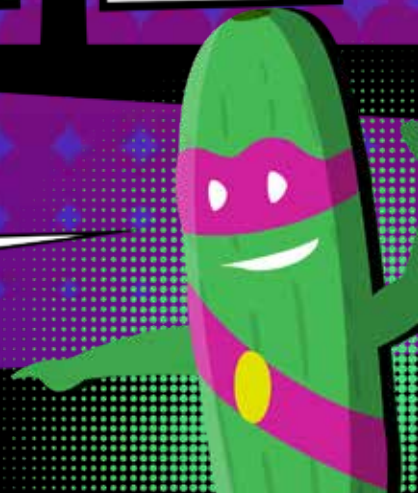
★	FAT (G):	0
☆	SAT. FAT (G):	0
‡	FIBER (G):	2
☼	SUGAR (G):	7

SERVES 1

90 CALORIES

EQUIPMENT

SPOON
BUTTER KNIFE
BOWL
PLATE
MEASURING SPOON
MEASURING CUP



SUPER DELICIOUS RASPBERRY YOGURT



INGREDIENTS

- GRANOLA, OATS N' HONEY, 1 TSP
CRUSHED
- RASPBERRIES, WHOLE, RAW 1/2 CUP
- YOGURT, GREEK, NONFAT, PLAIN, 1 ITEM
SINGLE-SERVE CONTAINER

NUTRITION



★	FAT (G):	1.5
☆	SAT. FAT (G):	0
⊕	FIBER (G):	4
⚙	SUGAR (G):	9

INSTRUCTIONS

1. GATHER ALL INGREDIENTS LISTED.
2. MEASURE OUT 1/2 CUP OF RASPBERRIES. RESERVE TWO TO DECORATE AT THE END.
3. EMPTY YOGURT INTO A BOWL AND ADD THE RASPBERRIES TO IT (ALL EXCEPT THE 2 SET ASIDE). STIR WELL.
4. NEXT, MEASURE OUT 1 TSP OF GRANOLA AND CRUSH IT.
5. SPRINKLE GRANOLA ON TOP AND ADD YOUR 2 RESERVED RASPBERRIES.
6. GRAB A SPOON AND ENJOY!

140 CALORIES

SERVES 1

EQUIPMENT

SPOON
MEASURING CUP
MEASURING SPOONS
BOWL

DAN DIPERT CAREER AND TECHNICAL CENTER | ARLINGTON ISD

SNOW POWER PEAS

INGREDIENTS

- SNOW PEAS, FRESH, RAW 4 CUP
- SALTED BUTTER 1/2 TBSP
- LEMON JUICE, FRESH SQUEEZED 1 TBSP
- BLACK PEPPER, GROUND (PINCH) PINCH



INSTRUCTIONS

1. GATHER ALL THE ITEMS LISTED.
2. PLACE SNOW PEAS IN A COLANDER AND RINSE.
3. PLACE PEAS IN A BOWL AND MIX WITH 1 TBSP OF LEMON JUICE.
4. PLACE BUTTER INTO A MICROWAVE-SAFE BOWL AND HEAT FOR ABOUT 10 SECONDS TO MELT.
5. POUR MELTED BUTTER OVER THE SNOW PEAS AND MIX WELL SO THE FLAVORS BALANCE OUT.
6. SEASON WITH BLACK PEPPER (OPTIONAL) AND DIVIDE INTO 4 PORTIONS.
7. ENJOY WITH FRIENDS!

NUTRITION



★ FAT (G):	1.5
☆ SAT. FAT (G):	1
✚ FIBER (G):	2
☼ SUGAR (G):	2

SERVES 4

40 CALORIES

EQUIPMENT

SERVING PLATE X 4
MEASURING SPOON
LEMON SQUEEZER
MICROWAVE
MICROWAVE-SAFE BOWL
COLANDER
MIXING BOWL



THE LAYERS OF PLUM MAGIC



INGREDIENTS

- POMEGRANATE SEEDS 1 CUP
- YOGURT, GREEK, PLAIN, NONFAT 1 CUP
- PLUMS, MEDIUM 3 ITEM

NUTRITION



★	FAT (G):	0.5
☆	SAT. FAT (G):	0
‡	FIBER (G):	2
☼	SUGAR (G):	13

INSTRUCTIONS

1. GATHER ALL THE INGREDIENTS AND EQUIPMENT LISTED.
2. IF USING A FRESH POMEGRANATE, ROLL THE WHOLE POMEGRANATE ON THE COUNTER.
3. CUT THE FRUIT IN HALF.
4. HOLD EACH HALF OVER A BOWL AND TAP WITH A WOODEN SPOON WHILE SQUEEZING.
5. WASH PLUMS AND CUT IN HALF. REMOVE THE PIT.
6. CUT EACH PLUM INTO 6-8 PIECES.
7. IN A SMALL CUP, LAYER 2 TBSP OF YOGURT, 2 TBSP OF SEEDS, 2 TBSP OF PLUM.
8. REPEAT LAYERS ONE MORE TIME.
9. REPEAT STEPS 6 & 7 TO CREATE 3 MORE SERVINGS.
10. ENJOY WITH FRIENDS!

90 CALORIES

SERVES 4

EQUIPMENT

BUTTER KNIFE & CUTTING BOARD
MEASURING CUPS & SPOONS
WOODEN SPOON
BOWL
SMALL CUP X 4

BIRDVILLE CENTER OF TECHNOLOGY AND ADVANCED LEARNING / BIRDVILLE ISD

APPLE HERO OATS

INGREDIENTS

- DRIED APRICOT, NO ADDED SUGAR 1/4 CUP
- PEANUT BUTTER, CREAMY 1 1/2 TBSP
- OATS, DRY 1/2 TBSP
- APPLE, SMALL 1 ITEM



INSTRUCTIONS

1. USING YOUR PLASTIC KNIFE, CUT THE APRICOTS INTO SMALL PIECES.
2. IN A BOWL, MIX DRIED APRICOT BITS AND OATS TOGETHER, SET ASIDE.
3. USING THE APPLE SLICER, CUT THE APPLE INTO SLICES.
4. SPREAD PEANUT BUTTER ON TO THE APPLE SLICES.
5. PUT THE APRICOT OAT MIXTURE ON TOP OF THE PEANUT BUTTER-COVERED APPLE SLICES.
6. DIVIDE AND ARRANGE THE APPLE HERO OATS ON 2 PLATES.
7. SHARE AND ENJOY!

NUTRITION



	FAT (G):	6
	SAT. FAT (G):	1
	FIBER (G):	4
	SUGAR (G):	13

SERVES 2

160 CALORIES

EQUIPMENT

PLASTIC KNIFE
PLATE
APPLE SLICER
BOWL
MEASURING CUPS
MEASURING SPOONS



BIRDVILLE CENTER OF TECHNOLOGY AND ADVANCED LEARNING | BIRDVILLE ISD

SUPER CUCUMBERWICH



INGREDIENTS

- CUCUMBER, WITH PEEL, 1 ITEM
8.25"
- TURKEY, FAT-FREE 2 SLICES
- RANCH DRESSING, FAT-FREE 1 TBSP
- SPINACH LEAVES, RAW 1/4 CUP
- CARROT SHREDS 8 EACH
- SALT & PEPPER PINCH

NUTRITION



★	FAT (G):	0.5
☆	SAT. FAT (G):	0
+	FIBER (G):	3
⚙	SUGAR (G):	7

INSTRUCTIONS

1. RINSE CUCUMBER. CUT OFF ENDS AND CUT IN HALF LENGTHWISE.
2. USE A SPOON TO SCOOP SEEDS INTO A BOWL.
3. MIX SEEDS WITH RANCH DRESSING, SALT AND PEPPER.
4. PLACE CUCUMBER HALVES ON A PLATE.
5. LAYER EACH WITH 4 SPINACH LEAVES, 2 TURKEY SLICES AND HALF OF THE SEED MIXTURE.
6. TOP WITH CARROT SHREDS.

100 CALORIES

SERVES 1

EQUIPMENT

PLASTIC SPOON
PLASTIC OR BUTTER KNIFE
CUTTING BOARD
PLATE
MEASURING CUPS
MEASURING SPOONS

BRYAN ADAMS LEADERSHIP ACADEMY | DALLAS ISD

CAULIFLOWER BREAKFAST MUG

INGREDIENTS

- CAULIFLOWER FLORET, RICED	1/2 CUP
- EGG, MEDIUM	1 ITEM
- MILK, 2% REDUCED FAT	1 TBSP
- STEAK SEASONING	1/4 TSP
- OLIVE OIL COOKING SPRAY	2 SPRAYS
- GREEN BELL PEPPER, CHOPPED	2 TBSP
- RED BELL PEPPER, CHOPPED	2 TBSP



INSTRUCTIONS

1. USE 2 SPRAYS OF COOKING SPRAY TO COAT THE INSIDE OF A MUG.
2. CRACK AN EGG INTO THE MUG.
3. ADD MILK AND STEAK SEASONING. MIX WELL.
4. ADD CAULIFLOWER AND CHOPPED PEPPERS. STIR GENTLY.
5. MICROWAVE FOR 3 MINUTES.
6. LEAVE IN THE MICROWAVE FOR 1 MINUTE BEFORE REMOVING WITH OVEN MITTS.

NUTRITION



★ FAT (G):	5
☆ SAT. FAT (G):	1.5
⦿ FIBER (G):	2
☀ SUGAR (G):	4

SERVES 1

100 CALORIES

EQUIPMENT

MICROWAVE
8-OZ MUG
MEASURING CUPS & SPOONS
SPOON TO STIR
CUTTING BOARD
BUTTER KNIFE
OVEN MITTS



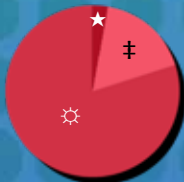
CHARGE UP CRUNCHY CHERRY PAREFAIT



INGREDIENTS

- BANANA, MEDIUM 1/4 ITEM
- PITTED DARK CHERRIES, 1/4 CUP
FROZEN OR CANNED IN
WATER
- ORANGE JUICE 1 TBSP
- YOGURT, PLAIN GREEK 1/4 CUP
- GRANOLA 4 TSP

NUTRITION



	FAT (G):	0.5
	SAT. FAT (G):	0
	FIBER (G):	3
	SUGAR (G):	14

INSTRUCTIONS

1. DICE BANANA AND CHERRIES AND PLACE IN A SMALL BOWL.
2. ADD ORANGE JUICE AND GREEK YOGURT. MIX WELL.
3. IN A MEDIUM-SIZED PLASTIC CUP OR GLASS, LAYER HALF OF THE YOGURT MIXTURE AND HALF OF THE GRANOLA.
4. THEN REPEAT LAYER ONE MORE TIME.
5. ENJOY IMMEDIATELY OR COVER AND ENJOY THE NEXT DAY!

130 CALORIES

SERVES 1

EQUIPMENT

MEASURING SPOONS AND CUPS
SMALL BOWL
PLASTIC SPOON & KNIFE
CUTTING BOARD
SHORT CUP OR GLASS

INGREDIENTS

- CELERY, CHOPPED	1/2 CUP
- SOY MILK, UNSWEETENED	1 CUP
- BANANA, MEDIUM	1/3 ITEM
- STRAWBERRIES, MEDIUM	5 EACH
- CRANBERRY JUICE, UNSWEETENED	1/4 CUP
- ICE	1/2 CUP



INSTRUCTIONS

1. ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
2. WASH STRAWBERRIES AND CELERY.
3. SET UP EQUIPMENT AND INGREDIENTS.
4. CUT THE STRAWBERRIES, BANANA AND CELERY. MEASURE THE AMOUNTS AND PLACE IN THE BLENDER.
5. MEASURE AND ADD THE CRANBERRY JUICE, SOY MILK AND ICE TO THE BLENDER.
6. PLACE LID ON BLENDER AND BLEND UNTIL SMOOTH.
7. DIVIDE INTO 2 SERVINGS. SERVE WITH A STRAWBERRY WEDGE ON THE RIM OF EACH CUP (OPTIONAL).

NUTRITION



★	FAT (G):	2
★	SAT. FAT (G):	0
+	FIBER (G):	2
☀	SUGAR (G):	7

SERVES 2

80 CALORIES

EQUIPMENT

STRAWS
CUPS
CUTTING BOARD
BUTTER KNIFE
BLENDER
STRAINER



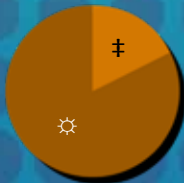
MANDARIN MAN



INGREDIENTS

- MANDARIN ORANGE, FRESH 1 ITEM
- RED GRAPES, LARGE 6 ITEMS

NUTRITION



★	FAT (G):	0
☆	SAT. FAT (G):	0
⊕	FIBER (G):	3
☼	SUGAR (G):	14

INSTRUCTIONS

1. CUT ORANGE INTO 6 SLICES IN SHAPE OF WINGS.
2. STICK 2 GRAPES ONTO A TOOTHPICK.
3. REPEAT STEP 2 WITH THE OTHER 2 TOOTHPICKS.
4. PLACE ORANGE SLICES ON EACH SIDE OF EACH TOOTHPICK TO MAKE MANDARIN MAN.

70 CALORIES

SERVES 1

EQUIPMENT

TOOTHPICKS X 3
PLASTIC KNIFE
PLATE



DUBISKI CAREER HIGH SCHOOL | GRAND PRAIRIE ISD

GEL-O-MAN

INGREDIENTS

- | | |
|----------------------------|---------|
| - WATERMELON, DICED | 1/2 CUP |
| - JICAMA, PRESLICED, DICED | 1/4 CUP |
| - GELATIN, SUGAR FREE, | 4 OZ |
| STRAWBERRY, READY-TO-EAT | |
| - CANTALOUPE, DICED | 1/4 CUP |
| - TAJIN SPICE | PINCH |



INSTRUCTIONS

1. ON A CUTTING BOARD, USING THE BUTTER KNIFE, DICE THE PRE-SLICED JICAMA INTO SMALL PIECES AND PUT 1/4 CUP IN A MIXING BOWL.
2. NEXT, DICE THE WATERMELON AND ADD 1/2 CUP TO THE SAME MIXING BOWL.
3. THEN, DICE THE CANTALOUPE AND ADD 1/4 CUP TO THE MIXING BOWL.
4. GENTLY MIX ALL THE DICED FRUITS AND JICAMA.
5. NEXT, REMOVE THE GELATIN FROM ITS CONTAINER AND ADD TO THE MIXING BOWL. MIX WELL AS THE GELATIN BREAKS DOWN WITH MIXING MOTION; REFRIGERATE FOR 5-10 MIN.
6. AFTER ABOUT 5-10 MIN, ADD JUST A PINCH OF TAJIN SEASONING.
7. SERVE WITH A FORK & ENJOY!

NUTRITION



★ FAT (G):	0
☆ SAT. FAT (G):	0
‡ FIBER (G):	2
☼ SUGAR (G):	8

SERVES 1

60 CALORIES

EQUIPMENT

MEASURING CUPS & SPOONS
BUTTER KNIFE
CUTTING BOARD
MIXING BOWL
SPOON FOR MIXING
BOWL (FOR SERVING)
FORK



SUPER WAND



INGREDIENTS

- WATERMELON, 1" THICK SLICE	1 SLICE
- GREEN GRAPES, FRESH	6 ITEMS
- RASPBERRIES, FRESH	6 ITEMS

NUTRITION



★ FAT (G):	0
☆ SAT. FAT (G):	0
⊕ FIBER (G):	2
☼ SUGAR (G):	8

INSTRUCTIONS

1. FIRST, WASH THE BERRIES AND GRAPES IN A COLANDER AND SET ASIDE.
2. TAKE THE WATERMELON SLICE, AND WITH THE COOKIE CUTTER, CUT THE WATERMELON INTO ONE LARGE STAR SHAPE AND SET IT ASIDE.
3. TAKE A SKEWER AND ADD THE GRAPES ALTERNATING WITH RASPBERRIES - SO 1 GRAPE THEN 1 RASPBERRY, AGAIN 1 GRAPE THEN 1 RASPBERRY. DO THIS UNTIL ALL YOUR GRAPES AND RASPBERRIES ARE ON THE SKEWER.
4. LASTLY, PUT YOUR STAR-SHAPED WATERMELON AT THE TIP OF YOUR FRUIT STICK TO COMPLETE YOUR SUPER WAND.
5. PUT IT ON A PLATE AND ENJOY!

50 CALORIES

SERVES 1

EQUIPMENT

STAR-SHAPED COOKIE CUTTER, 2" WIDE
COLANDER
SKEWER
PLATE

HONEY CRISP APPLE BITES

INGREDIENTS

- | | |
|--|---------|
| - GRAHAM CRACKER, HONEY,
LOW FAT, SQUARES | 4 ITEMS |
| - CREAM CHEESE, LOW FAT | 1 TBSP |
| - HONEY CRISP APPLE, CHOPPED | 1/2 CUP |
| - HONEY | 1/4 TSP |
| - WALNUTS, CHOPPED | 2 TSP |



INSTRUCTIONS

1. BREAK CRACKERS INTO 4 SQUARES AND PLACE ON A PLATE.
2. SPREAD 1TBSP OF CREAM CHEESE ON ALL FOUR CRACKERS WITH A BUTTER KNIFE.
3. USING AN APPLE SLICER, SLICE APPLE INTO WEDGES; THEN CHOP EACH SLICE WITH THE BUTTER KNIFE UNTIL YOU HAVE 1/2 CUP OF CHOPPED APPLES.
4. PLACE ABOUT 2 TBSP OF CHOPPED APPLES ON TOP OF EACH CRACKER.
5. DRIZZLE HONEY ON ALL FOUR CRACKERS.
6. SPRINKLE 2 TSP OF WALNUTS ON TOP AND ENJOY!

NUTRITION



★	FAT (G):	6
☆	SAT. FAT (G):	1.5
+	FIBER (G):	2
☀	SUGAR (G):	13

SERVES 1

160 CALORIES

EQUIPMENT

BUTTER KNIFE
APPLE SLICER
PLATE
MEASURING SPOONS
MEASURING CUPS



PEPPER POWER WRAP



INGREDIENTS

- TORTILLA, FLOUR, WHEAT, 6" 1 ITEM
- BABY SPINACH, RAW, FRESH, TIGHTLY PACKED 1/2 CUP
- HUMMUS, RED PEPPER ROASTED 2 TBSP
- BELL PEPPER, ORANGE, THIN STRIPS 1/2 CUP

NUTRITION



★	FAT (G):	7
★✕	SAT. FAT (G):	1.5
✕	FIBER (G):	11
☀	SUGAR (G):	3

INSTRUCTIONS

1. LAY TORTILLA ON A PLATE.
2. MEASURE OUT 2 TBSP OF HUMMUS. USING A BUTTER KNIFE, SPREAD IT ONTO THE TORTILLA.
3. USE THE BUTTER KNIFE TO CUT THE BELL PEPPER INTO THIN SLICES TO GET 1/2 CUP OF ORANGE BELL PEPPER STRIPS.
4. PUT THE THIN SLICES OF BELL PEPPER ONTO THE TORTILLA.
5. MEASURE A HALF CUP OF SPINACH, LINE IT UP ONTO THE TORTILLA.
6. CAREFULLY ROLL THE TORTILLA UP, TIGHTLY.
7. USING THE BUTTER KNIFE, CUT THE TORTILLA INTO 4 PIECES.
8. PLACE ON A PLATE AND ENJOY!

130 CALORIES

SERVES 1

EQUIPMENT

CUTTING BOARD
BUTTER KNIFE
MEASURING CUP
MEASURING SPOON
PLATE



THE COLONY HIGH SCHOOL | LEWISVILLE ISD

BAT SHORTCAKE

INGREDIENTS

- WHOLE-WHEAT BREAD	1 SLICE
- CREAM CHEESE, REDUCED FAT	1 1/2 TSP
- DATES, DRY, CHOPPED	1/8 CUP
- WATER	1/8 CUP
- VANILLA EXTRACT	1/8 TSP
- STRAWBERRY, FRESH, SMALL	1 ITEM
- RASPBERRIES, FRESH	2 ITEMS
- BLACKBERRIES, FRESH	2 ITEMS
- PISTACHIOS, CRUSHED	1 TSP



INSTRUCTIONS

1. TOAST BREAD IN A TOASTER.
2. MICROWAVE DATES AND WATER IN A BOWL FOR 30-45 SECONDS. WAIT FOR 1 MINUTE BEFORE REMOVING FROM MICROWAVE.
3. MASH DATES WITH CREAM CHEESE AND VANILLA TO FORM A PASTE.
4. PLACE TOAST ON A PLATE AND CUT OUT A CIRCLE SHAPE WITH THE COOKIE CUTTER.
5. SPREAD TOAST WITH DATE PASTE.
6. SLICE STRAWBERRY
7. LAY BERRIES ONE AT A TIME IN A CIRCLE, ALTERNATING EACH TYPE.
8. CRUSH PISTACHIOS IN A ZIPPER BAG AND SPRINKLE ON TOP.

NUTRITION



★	FAT (G):	3.5
☆	SAT. FAT (G):	1
☼	FIBER (G):	4
☼	SUGAR (G):	14

SERVES 1

140 CALORIES

EQUIPMENT

MICROWAVE-SAFE CUP
 MEASURING CUP
 MEASURING SPOON
 CIRCULAR COOKIE CUTTER
 PLATE
 BOWL
 FORK
 MICROWAVE
 TOASTER
 PLASTIC KNIFE





INGREDIENTS

- ZUCCHINI, SMALL 1 ITEM
- PIZZA SAUCE, TRADITIONAL 1/4 CUP
- MOZZARELLA CHEESE, REDUCED FAT, SHREDDED 1/4 CUP
- OVEN-ROASTED TURKEY BREAST 1 SLICE

NUTRITION



★ FAT (G):	6
☆ SAT. FAT (G):	2
⊕ FIBER (G):	2
⚙ SUGAR (G):	8

INSTRUCTIONS

1. GATHER ALL THE INGREDIENTS AND EQUIPMENT.
2. WASH THE ZUCCHINI AND CUT THE ZUCCHINI INTO CIRCULAR PIECES (ABOUT 14 PIECES).
3. PUT THE ZUCCHINI ON THE PLATE, LAYING FLAT.
4. USE A SPOON TO PUT A LITTLE SAUCE ON EACH OF THE ZUCCHINI PIECES, JUST ENOUGH TO COVER THE TOP OF THE ZUCCHINI.
5. SPRINKLE CHEESE ON THE ZUCCHINI, ENOUGH TO COVER THE TOP.
6. TEAR THE TURKEY INTO SMALL PIECES AND PUT ON THE ZUCCHINI.
7. PUT THE ZUCCHINI BITES IN THE MICROWAVE AND HEAT ON HIGH FOR 1 MINUTE AND 30 SECONDS.
8. THEN LET COOL FOR 30 SECONDS, AND ENJOY.

150 CALORIES

SERVES 1

EQUIPMENT

BUTTER KNIFE
MICROWAVE-SAFE PLATE
MEASURING CUP
SPOON
CUTTING BOARD



JOHN HORN HIGH SCHOOL / MESQUITE ISD

CAPTAIN CALCIUM'S BERRY BLAST

INGREDIENTS

- YOGURT, GREEK, PLAIN, 1 CUP
NONFAT
- GRANOLA, PUMPKIN SEED 2 TBSP
+ FLAX
- BLACKBERRIES, FRESH 1/2 CUP



INSTRUCTIONS

1. MEASURE YOGURT AND ADD TO A BOWL.
2. PLACE THE BLACKBERRIES ON TOP OF YOGURT.
3. SPRINKLE WITH GRANOLA.
4. GRAB A SPOON AND ENJOY!

NUTRITION



★	FAT (G):	2
☆	SAT. FAT (G):	0
⦿	FIBER (G):	5
☼	SUGAR (G):	11

SERVES 1

190 CALORIES

EQUIPMENT

BOWL
SPOON
MEASURING CUPS
MEASURING SPOONS



KA-POW KALE VEGGIE DIP



INGREDIENTS

- MAYONNAISE, FAT-FREE	1/8 CUP
- YOGURT, GREEK, PLAIN, NONFAT	1/2 CUP
- GREEN BELL PEPPER, CHOPPED	1/4 CUP
- CARROTS, RAW, SHREDDED	1/4 CUP
- GREEN ONION, THINLY SLICED	2 TBSP
- GARLIC & ONION POWDER	1/4 TSP EACH
- WHOLE-WHEAT CRACKERS	4 ITEMS
- BABY CARROTS 6 EACH	- SALT A PINCH
- BROCCOLI FLORETS 1/4 CUP	- KALE 1/2 CUP

NUTRITION



★	FAT (G):	1.5
☆	SAT. FAT (G):	0
⊕	FIBER (G):	3
☀	SUGAR (G):	6

INSTRUCTIONS

1. USE THE BUTTER KNIFE AND CUTTING BOARD TO CHOP THE BELL PEPPER INTO SMALL SQUARES.
2. USE THE SAME CUTTING BOARD AND KNIFE TO SLICE THE GREEN ONION INTO THIN SLICES.
3. USE YOUR CLEAN HANDS TO RIP THE KALE OFF THE STEM AND TEAR INTO SMALL PIECES BEFORE MEASURING.
4. MIX MAYO, YOGURT, KALE, PEPPER, CARROT SHREDS, GREEN ONION AND SEASONINGS TOGETHER IN A MIXING BOWL USING A SPOON.
5. LET CHILL FOR 30 MINUTES BEFORE SERVING.
6. SERVE WITH WHOLE-WHEAT CRACKERS, BROCCOLI AND BABY CARROTS.
7. ENJOY.

110 CALORIES

SERVES 2

EQUIPMENT

DRY MEASURING CUPS
MEASURING SPOONS
MIXING BOWL
SPOON
BUTTER KNIFE
CUTTING BOARD
2 PLATES



MESQUITE HIGH SCHOOL | MESQUITE ISD

SNAPPY NOODLES

INGREDIENTS

- SUGAR SNAP PEAS, FRESH	1/4 CUP
- WHOLE-WHEAT SPAGHETTI, COOKED	1/2 CUP
- SESAME SEED OIL	1 TSP
- GARLIC POWDER	1/8 TSP
- LESS SODIUM SOY SAUCE	2 TSP
- GINGER POWDER	1/8 TSP
- MANDARIN ORANGES, PACKED IN JUICE	1/4 CUP



INSTRUCTIONS

1. MICROWAVE SPAGHETTI FOR 2 MINUTES. WAIT 1 MINUTE BEFORE REMOVING FROM MICROWAVE WITH OVEN MITTS.
2. COMBINE OIL, GARLIC, SOY SAUCE AND GINGER IN SMALL MIXING BOWL.
3. ADD SPAGHETTI TO BOWL AND STIR TO COAT THEM IN SAUCE.
4. DRAIN JUICE FROM ORANGES AND ADD TO BOWL.
5. CUT PEAS INTO SMALL PIECES AND ADD TO BOWL.
6. TOSS INGREDIENTS TOGETHER.

NUTRITION



★ FAT (G):	4.5
☆ SAT. FAT (G):	0.5
‡ FIBER (G):	4
☼ SUGAR (G):	7

SERVES 1

170 CALORIES

EQUIPMENT

MICROWAVE-SAFE BOWL
MEASURING SPOONS
BUTTER KNIFE
MIXING BOWL
SERVING BOWL
OVEN MITTS
FORK & STRAINER



"THE CAPTAIN" BERRY SALAD



INGREDIENTS

- CHERRY TOMATOES	2 CUPS
- BLACKBERRIES	1 CUP
- BLUEBERRIES	1 CUP
- REDUCED-FAT STRING CHEESE	2 ITEMS
- OLIVE OIL	1 1/2 TSP
- BALSAMIC VINEGAR	1 TBSP
- SALT & PEPPER TO TASTE	

NUTRITION



	FAT (G):	3.5
	SAT. FAT (G):	1
	FIBER (G):	4
	SUGAR (G):	8

INSTRUCTIONS

1. USING THE DRY MEASURING CUP, MEASURE OUT CHERRY TOMATOES, BLACKBERRIES AND BLUEBERRIES.
2. PLACE THEM INTO A COLANDER. RINSE WITH COLD WATER AND PAT DRY WITH PAPER TOWEL.
3. ON THE CUTTING BOARD, CUT 1/2" SLICES OF THE REDUCED-FAT STRING CHEESE WITH THE BUTTER KNIFE.
4. COMBINE CHEESE, TOMATOES AND BERRIES IN A MIXING BOWL.
5. IN THE LIQUID MEASURING CUP, WHISK THE OLIVE OIL, VINEGAR, SALT AND PEPPER TO MAKE A DRESSING.
6. POUR THE DRESSING INTO THE MIXING BOWL AND STIR TO COMBINE.
7. DIVIDE EVENLY INTO 4 SERVING CUPS.
8. ENJOY!

90 CALORIES

SERVES 4

EQUIPMENT

DRY MEASURING CUP & SPOONS
LIQUID MEASURING CUP
4 SERVING CUPS

WHISK
COLANDER
MIXING BOWL

PAPER TOWEL
BUTTER KNIFE
CUTTING BOARD

RALPH H. POTEET HIGH SCHOOL | MESQUITE ISD

THE POWER BERRY PARFAIT

INGREDIENTS

- PEACH, FROZEN OR FRESH 3 SLICES
- YOGURT, PLAIN, LOWFAT 6 TBSP
- RASPBERRIES, RAW 7-9 ITEMS
- BLUEBERRIES, RAW 12 ITEMS



INSTRUCTIONS

1. PLACE RASPBERRIES AND BLUEBERRIES IN SEPARATE BOWLS AND RINSE.
2. CUT PEACH SLICES INTO SMALLER PIECES.
3. PUT 2 TBSP OF YOGURT INTO MEDIUM-SIZED CUP OR BOWL
4. LAYER IN THIS ORDER: PEACHES, 2 TBSP YOGURT, BLUEBERRIES, 2 TBSP YOGURT, RASPBERRIES.

NUTRITION



★	FAT (G):	1.5
☆	SAT. FAT (G):	1
+	FIBER (G):	2
☀	SUGAR (G):	15

SERVES 1

100 CALORIES

EQUIPMENT

MEASURING CUP
MEASURING SPOON
4 SMALL BOWLS
MEDIUM-SIZED CUP OR BOWL
CUTTING BOARD
BUTTER KNIFE

INCREDI PEAR-FAIT



INGREDIENTS

- BOSCH PEARS, FRESH, DICED 1/3 CUP
- STRAWBERRIES, MEDIUM 6 ITEMS
- YOGURT, VANILLA, NONFAT 1/3 CUP
- GRANOLA 1 TSP

NUTRITION



★	FAT (G):	0.5
☆	SAT. FAT (G):	0
✝	FIBER (G):	3
☀	SUGAR (G):	14

INSTRUCTIONS

1. WASH AND REMOVE STEMS FROM STRAWBERRIES.
2. SLICE JUST 1 STRAWBERRY AND SET ASIDE.
3. DICE THE REMAINING STRAWBERRIES AND 1/3 CUP OF FRESH PEAR.
4. IN A SMALL CUP, LAYER 1/2 OF THE DICED STRAWBERRIES, 1 TBSP OF YOGURT AND 1/2 OF THE DICED PEARS.
5. MAKE A SECOND LAYER WITH 1 TBSP OF YOGURT, THE REST OF THE STRAWBERRIES AND THE REST OF THE PEARS.
6. MAKE A FINAL LAYER WITH THE REST OF THE YOGURT AND THE SLICED STRAWBERRY.
7. SPRINKLE GRANOLA ON TOP.

100 CALORIES

SERVES 1

EQUIPMENT

MEASURING CUPS
MEASURING SPOONS
BUTTER KNIFE
SMALL CUP
CUTTING BOARD

BYRON NELSON HIGH SCHOOL | NORTHWEST ISD

SUPER SILLY SALAD

INGREDIENTS

- BUTTER LETTUCE LEAF 2 EACH
- STRAWBERRIES, MEDIUM 2 EACH
- BLACKBERRIES, FRESH 8 ITEMS
- PEAR, FRESH 2 TBSP
- PINEAPPLE CHUNKS, CANNED 2 TBSP
- IN JUICE
- HONEY 1/4 TSP



INSTRUCTIONS

1. RINSE LETTUCE AND FRUITS USING THE COLANDER.
2. STACK 2 LARGE LETTUCE LEAVES ON A PLATE.
3. CUT BERRIES, PEAR AND PINEAPPLE INTO SMALL PIECES.
4. PLACE FRUIT ON TOP OF LETTUCE LEAVES.
5. DRIZZLE 1/4 TSP OF HONEY OVER THE FRUIT AND ENJOY!
6. ALTERNATIVELY, ROLL IT INTO A LETTUCE WRAP AND INSERT TOOTHPICK TO HOLD IT IN PLACE.

NUTRITION



★	FAT (G):	0
☆	SAT. FAT (G):	0
‡	FIBER (G):	4
☼	SUGAR (G):	11

SERVES 1

70 CALORIES

EQUIPMENT

BUTTER KNIFE
CUTTING BOARD
COLANDER
PLATE
MEASURING CUPS & SPOONS
TOOTHPICK (OPTIONAL)



PROSPER HIGH SCHOOL | PROSPER ISD

CAPTAIN CRANBERRY







INGREDIENTS

- APPLE, SMALL 1/2 ITEM
- PEANUT BUTTER, CREAMY, REDUCED FAT 2 TBSP
- DRIED CRANBERRIES, 50% LESS SUGAR 2 TBSP

NUTRITION



	FAT (G):	2
	SAT. FAT (G):	0
	FIBER (G):	9
	SUGAR (G):	15

INSTRUCTIONS

1. PLACE A SMALL APPLE ON A CUTTING BOARD AND USE A BUTTER KNIFE TO CUT IT IN HALF. SET ONE HALF ASIDE TO ENJOY LATER.
2. CUT THE OTHER HALF INTO TWO SLICES AND PLACE THEM ON A PLATE.
3. SPREAD 1 TBSP OF PEANUT BUTTER ON EACH APPLE SLICE.
4. TOP EACH SLICE WITH 1 TBSP OF REDUCED-SUGAR CRANBERRIES.
5. EAT AND ENJOY!

180 CALORIES

SERVES 1

EQUIPMENT

BUTTER KNIFE
TABLESPOON
PLATE

PROSPER HIGH SCHOOL | PROSPER ISD

CARROT MAN AND HIS CRANBERRY VAN

INGREDIENTS

- FLOUR 3 TBSP
- CINNAMON 1/2 TSP
- SHREDDED CARROTS 1/2 CUP
- SALT 1/8 TSP
- BAKING POWDER 1/4 TSP
- PUMPKIN SPICE 1/4 TSP
- APPLESAUCE, UNSWEETENED 1 TBSP
- ALMOND MILK, ORIGINAL 1 TSP
- DRIED CRANBERRIES, 50% LESS SUGAR, 2 TBSP



INSTRUCTIONS

1. IN A SMALL BOWL, MIX TOGETHER THE FLOUR, BAKING POWDER, CINNAMON, PUMPKIN SPICE AND SALT.
2. IN A SECOND BOWL, MIX THE APPLESAUCE, ALMOND MILK, CARROTS AND CRANBERRIES.
3. POUR THE SMALL BOWL WITH THE DRY INGREDIENTS INTO THE SECOND BOWL WITH THE WET INGREDIENTS AND MIX TOGETHER.
4. POUR ALL THE INGREDIENTS INTO THE COFFEE MUG.
5. PLACE THE MUG INTO THE MICROWAVE FOR 1 MINUTE AND 15 SECONDS.
6. LET STAND IN THE MICROWAVE FOR 1 MINUTE TO COOL BEFORE TAKING OUT.
7. EAT AND ENJOY!

NUTRITION



★	FAT (G):	0
☆	SAT. FAT (G):	0
⊕	FIBER (G):	8
☼	SUGAR (G):	11

SERVES 1

170 CALORIES

EQUIPMENT

COFFEE MUG
MEASURING CUPS
MEASURING SPOONS
2 SMALL BOWLS
FORK
MICROWAVE



BROCCOLI POWER PUNCH SMOOTHIE



INGREDIENTS

- BROCCOLI CUTS, FROZEN, THAWED 1/2 CUP
- BANANA, SLICED 1/2 CUP
- STRAWBERRIES & RASPBERRIES, FROZEN, UNSWEETENED 1/2 CUP EACH
- PINEAPPLE JUICE, UNSWEETENED 1/2 CUP

NUTRITION



★	FAT (G):	0
☆	SAT. FAT (G):	0
‡	FIBER (G):	4
☼	SUGAR (G):	15

INSTRUCTIONS

1. ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
2. MEASURE 1/2 CUP OF FROZEN BROCCOLI AND SET ASIDE TO THAW FOR A FEW MINUTES WHILE YOU GATHER YOUR OTHER INGREDIENTS.
3. PEEL THE BANANA AND PLACE ON A CUTTING BOARD. USING A BUTTER KNIFE, SLICE UNTIL YOU HAVE 1/2 CUP. THEN ADD THE SLICED BANANAS INTO THE BLENDER.
4. NEXT, ADD ALL THE BERRIES, PINEAPPLE JUICE AND BROCCOLI TO THE BLENDER.
5. PUT THE LID ON THE BLENDER AND BLEND ON LOW SPEED FOR 1 MINUTE OR UNTIL SMOOTH.
6. POUR THIS POWER PUNCH SMOOTHIE INTO TWO CUPS AND ENJOY WITH A FRIEND!

100 CALORIES

SERVES 2

EQUIPMENT

BLENDER
2 CLEAR CUPS
MEASURING CUP (DRY)
MEASURING CUP (LIQUID)
BUTTER KNIFE & CUTTING BOARD



RICHARDSON HIGH SCHOOL | RICHARDSON ISD

THE MIXERUPPER

INGREDIENTS

- CANTALOUPE, PRECUT INTO CUBES 1/2 CUP
- HONEYDEW MELON PRECUT, CUBED 1/4 CUP
- RED GRAPES 1/4 CUP
- RASPBERRIES, FRESH, WHOLE 1/4 CUP
- BLUEBERRIES, FRESH, WHOLE 1/4 CUP
- LIME JUICE, UNSWEETENED 2 TBSP
- LEMON JUICE, UNSWEETENED 2 TBSP



INSTRUCTIONS

1. START BY MEASURING THE FRUITS AND JUICES YOU'RE GOING TO USE.
2. MIX TOGETHER THE HONEYDEW, CANTALOUPE AND GRAPES IN THE BIG BOWL WITH THE SPOON.
3. ADD THE RASPBERRIES AND BLUEBERRIES TO THE BOWL AND MIX.
4. ADD THE LIME AND LEMON JUICES TO BOWL AND MIX SOME MORE.
5. DIVIDE FRUIT INTO 2 BOWLS AND SHARE WITH A FRIEND!

NUTRITION



★ FAT (G):	0
☆ SAT. FAT (G):	0
‡ FIBER (G):	2
☼ SUGAR (G):	10

SERVES 2

50 CALORIES

EQUIPMENT

BIG MIXING BOWL
SPOON
MEASURING CUPS (DRY)
MEASURING CUPS (LIQUID)
2 BOWLS



SUPER-DILLA



INGREDIENTS

- BABY SPINACH, FRESH, TIGHTLY PACKED 1/2 CUP
- CHEESE, REDUCED FAT, 4-CHEESE MEXICAN 1 TBSP
- BLACK BEANS, CANNED 1 TBSP
- TORTILLA, WHOLE WHEAT, 6" 1 ITEM

NUTRITION



★ FAT (G):	3.5
☆ SAT. FAT (G):	2
⊕ FIBER (G):	3
☀ SUGAR (G):	1

INSTRUCTIONS

1. PUT 1/2 CUP OF SPINACH INTO A MICROWAVE-SAFE BOWL & LOOSELY COVER IT WITH PLASTIC WRAP.
2. MICROWAVE THE SPINACH FOR 20 SECONDS, OR UNTIL IT IS WILTED A LITTLE. SET ASIDE TO COOL.
3. LAY OUT THE TORTILLA ON A MICROWAVE-SAFE PLATE.
4. PLACE THE SPINACH EVENLY ONTO THE TORTILLA.
5. SPRINKLE THE CHEESE EVENLY OVER THE SPINACH.
6. WITH ADULT PERMISSION, USE A CAN OPENER TO OPEN THE CAN OF BLACK BEANS AND PUT 1 TBSP OF BEANS OVER THE CHEESE & SPINACH.
7. FOLD THE TORTILLA IN HALF, AND USE A TOOTHPICK TO MAKE SURE IT STAYS CLOSED.
8. MICROWAVE THE SUPER-DILLA FOR ABOUT 15-20 SECONDS AND LET IT SIT IN THE MICROWAVE FOR 30 SECONDS.
9. TAKE THE SUPER-DILLA OUT OF THE MICROWAVE, LET IT COOL FOR A FEW SECONDS, AND ENJOY!

120 CALORIES

SERVES 1

EQUIPMENT

MEASURING CUP
MEASURING SPOON
CAN OPENER (USE WITH ADULT PERMISSION)
MICROWAVE-SAFE PLATE
MICROWAVE
MICROWAVE-SAFE BOWL
TOOTHPICK
PLASTIC WRAP



DR. GENE BURTON COLLEGE & CAREER ACADEMY | ROCKWALL ISD

SUPER BERRIES

INGREDIENTS

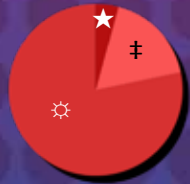
- | | |
|-------------------------------------|---------|
| - STRAWBERRIES, FRESH, WHOLE, LARGE | 6 ITEMS |
| - YOGURT, GREEK, NONFAT, PLAIN | 1/4 CUP |
| - BLUEBERRIES, FRESH | 6 ITEMS |
| - HONEY | 1/4 TSP |







INSTRUCTIONS

1. ON A CUTTING BOARD, CUT OFF THE TOPS OF ALL 6 STRAWBERRIES WITH A BUTTER KNIFE.
2. USING A BUTTER KNIFE, CAREFULLY SCOOP OUT THE CENTERS OF EACH STRAWBERRY, AND SAVE THE "SCOOPED" OUT STRAWBERRY IN A BOWL.
3. MEASURE OUT 1/4 CUP OF YOGURT AND PUT IT IN THE BOWL WITH THE "SCOOPED" STRAWBERRY; MIX WELL.
4. PLACE A BLUEBERRY INTO THE CENTER OF EACH STRAWBERRY.
5. USING THE SPOON, FILL EACH STRAWBERRY WITH THE YOGURT MIXTURE.
6. MEASURE OUT 1/4 TEASPOON OF HONEY.
7. DRIZZLE THE HONEY OVER THE TOP OF ALL OF THE STRAWBERRIES.
8. ENJOY YOUR SUPER BERRY SNACK!

NUTRITION



 FAT (G):	0.5
 SAT. FAT (G):	0
 FIBER (G):	2
 SUGAR (G):	9

SERVES 1

80 CALORIES

EQUIPMENT

BUTTER KNIFE
SPOON
MEASURING CUPS
MEASURING SPOONS
CUTTING BOARD



POWER PACK PARFAIT



INGREDIENTS

- MANGO, FROZEN, UNSWEETENED 1/4 CUP
- STRAWBERRIES, FROZEN, UNSWEETENED 1/4 CUP
- BANANA, FRESH, SLICED 1/4 CUP
- GREEK YOGURT, PLAIN, NONFAT 1/2 CUP
- LEMON JUICE 2 TSP
- WATER, DIVIDED, AS NEEDED 2 TBSP

NUTRITION



	FAT (G):	0.5
	SAT. FAT (G):	0
	FIBER (G):	2
	SUGAR (G):	14

INSTRUCTIONS

1. ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
2. SLICE BANANA UNTIL YOU HAVE 1/4 CUP THEN ADD TO BLENDER WITH YOGURT AND LEMON JUICE.
3. PUT LID ON BLENDER AND BLEND UNTIL SMOOTH. POUR INTO A GLASS OR A SUNDAE DISH.
4. RINSE OUT BLENDER, THEN PLACE STRAWBERRIES AND 1 TBSP WATER INTO BLENDER.
5. PUT LID ON BLENDER AND BLEND UNTIL SMOOTH. POUR MIXTURE ON TOP OF BANANA MIXTURE.
6. RINSE OUT BLENDER, THEN PLACE MANGO AND 1 TBSP WATER INTO BLENDER.
7. PUT LID ON BLENDER AND BLEND UNTIL SMOOTH. POUR ON TOP OF BERRY MIXTURE.
8. ENJOY YOUR POWER PACK PARFAIT!

130 CALORIES

SERVES 1

EQUIPMENT

BLENDER
LIQUID MEASURING CUP
DRY MEASURING CUPS & SPOONS
2 SMALL BOWLS
SUNDAE DISH OR SMALL GLASS
CUTTING BOARD
BUTTER KNIFE

SANGER HIGH SCHOOL | SANGER ISD

TURKEY TERMINATOR WRAP

INGREDIENTS

- | | |
|------------------------------------|----------|
| - FLOUR TORTILLA, WHEAT, 6" | 1 ITEM |
| - TURKEY, SLICED | 2 SLICE |
| - CHEDDAR CHEESE, NONFAT, SHREDDED | 1 TBSP |
| - RED BELL PEPPER | 1/4 CUP |
| - SPINACH LEAVES, TIGHTLY PACKED | 1/4 CUP |
| - MAYONNAISE, WITH OLIVE OIL | 1/2 TBSP |
| - SALT & PEPPER | A PINCH |



INSTRUCTIONS

1. WASH ALL THE VEGGIES. CUT THE RED BELL PEPPER INTO SMALL, THIN SLICES. CHOP SPINACH. MEASURE BOTH AND SET ASIDE.
2. HEAT TORTILLA IN MICROWAVE FOR 15 SECONDS.
3. PLACE TORTILLA ON PLATE.
4. SPREAD MAYONNAISE ON TOP OF TORTILLA.
5. PLACE TURKEY ON TOP OF THE TORTILLA AND MAYONNAISE.
6. PLACE CHEESE ON TOP OF TURKEY.
7. PLACE SPINACH LEAVES ON TOP OF CHEESE.
8. PLACE RED BELL PEPPER ON TOP OF SPINACH. SPRINKLE A PINCH OF SALT & PEPPER.
9. ROLL TORTILLA UP. CUT IT IN HALF WITH THE BUTTER KNIFE AND SHARE WITH A FRIEND.

NUTRITION



★ FAT (G):	2.5
☆ SAT. FAT (G):	0
⊕ FIBER (G):	5
☀ SUGAR (G):	<1

SERVES 2

70 CALORIES

EQUIPMENT

CUTTING BOARD
BUTTER KNIFE
TABLESPOON
PLATE
MICROWAVE
MEASURING SPOON
MEASURING CUP



WYLIE HIGH SCHOOL | WYLIE ISD ISLAND RESCUE SUB



INGREDIENTS

- SLIDER BUN, WHOLE WHEAT	1 ITEM
- LETTUCE LEAF	1 ITEM
- DELI HAM, 96% FAT-FREE	1 SLICE
- MOZZARELLA CHEESE SLICE	1/2 SLICE
- PINEAPPLE, DICED, FRESH OR CANNED IN JUICE	1/4 CUP
- TOMATO, 1/4"-THICK SLICE	2 SLICES

NUTRITION



★	FAT (G):	5
☆	SAT. FAT (G):	1.5
+	FIBER (G):	2
☆	SUGAR (G):	8

INSTRUCTIONS

1. PLACE HAM ON MICROWAVE-SAFE PLATE.
2. LAYER PINEAPPLE AND CHEESE ON TOP OF HAM.
3. MICROWAVE FOR 10-20 SECONDS TO MELT CHEESE.
4. USING A BUTTER KNIFE, SLICE THE ROLL IN HALF.
5. PLACE LETTUCE ON THE BOTTOM HALF OF YOUR ROLL.
6. PLACE HAM, PINEAPPLE AND CHEESE STACK ON TOP OF THE LETTUCE.
7. PLACE 2 TOMATO SLICES ON TOP OF CHEESE.
8. ENJOY!

200 CALORIES

SERVES 1

EQUIPMENT

MICROWAVE-SAFE PLATE
BUTTER KNIFE
MICROWAVE



WYLIE HIGH SCHOOL | WYLIE ISD SUPER DUPER SWEET POTATO DIP

INGREDIENTS

- SWEET POTATO, MEDIUM, RAW 1 ITEM
- GRANNY SMITH APPLE, SMALL 1 ITEM
- YOGURT, GREEK, PLAIN, NONFAT 2 TBSP
- HONEY 3/4 TSP
- PECANS, CHOPPED 2 TBSP



INSTRUCTIONS

1. WASH APPLE AND SWEET POTATO.
2. POKE HOLES IN SWEET POTATO WITH A FORK AND PLACE ON A LARGE PLATE.
3. MICROWAVE FOR 6-8 MINUTES. LET COOL FOR 3 MINUTES BEFORE USING OVEN MITTS TO REMOVE THE PLATE.
4. USING A BUTTER KNIFE, CUT SWEET POTATO IN HALF, LENGTHWISE.
5. USING A SPOON, SCOOP THE INSIDES INTO MIXING BOWL.
6. ADD THE YOGURT AND HONEY AND MASH TOGETHER WITH A FORK.
7. PLACE DIP BACK INTO EMPTIED SWEET POTATO SKINS.
8. TOP EACH WITH PECANS.
9. USING AN APPLE SLICER, SLICE WHOLE APPLE INTO WEDGES FOR DIPPING.
10. SHARE WITH A FRIEND AND ENJOY!

NUTRITION



★	FAT (G):	5
☆	SAT. FAT (G):	0
⊕	FIBER (G):	5
☀	SUGAR (G):	14

SERVES 2

160 CALORIES

EQUIPMENT

MICROWAVE
FORK, SPOON, BUTTER KNIFE
MICROWAVE-SAFE PLATE
MIXING BOWL
APPLE SLICER
OVEN MITTS
MEASURING SPOONS
2 SMALL PLATES



FAQ'S

1. What is the 21-Day Challenge?

The 21-Day Challenge encourages you to make healthier snack choices for the next 21 days. Every day, prepare and eat a snack that contains a fruit or veggie. Choose a recipe from this book, use our Healthy Snack Finder tool to search our database of over 500 recipes or make your own creation that contains 1/2 cup of fruit or vegetable. We encourage you and your family to participate together and share in the fun!

2. What is kids teaching kids®?

The kids teaching kids® program educates and engages students in better nutrition. Registered dietitians work with high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

3. How do I register to take the challenge?

Parents may register their child(ren) by visiting the website kids-teaching-kids.com. Click on "Sign-Up." Choose the box "Sign-Up a Student." Simply follow the directions to register.

4. Why does a parent/guardian have to sign up a child?

You must be 18 years or older to fill out the form and leave an email address or phone number for text alerts. Medical City Children's Hospital only communicates with adults through the email address and/or phone number you provide. The information you give at registration is only used to communicate to your school that your child has registered, to compare your child's responses at sign-up to the final assessment questions and to ensure delivery of your child's reward.

5. If the ingredients in the book don't match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website called "Healthy Snack Finder." You can use the Healthy Snack Finder to search for snacks, from our database of over 500 recipes, that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for a healthy snack, listed below).

6. What if I miss a day in the 21-Day Challenge?

It is OK to miss a day. Though, during the 21-Day Challenge, we would like for you to think ahead and plan your snack each day, even on weekends. Remember, you can make and enjoy your snack anytime of the day.

FAQ'S

7. How do I take the final assessment?

Two weeks after the challenge ends, we will send you an email and/or text message with a link to the final assessment. You will receive separate communications for each child that you registered, and you will fill out separate assessments for each child. The final assessment is required for your child to qualify for his or her reward.

8. During the 21-Day Challenge, do I have to make EVERY snack from the book I have?

No. We understand there may be issues with food allergies, availability of ingredients, etc.

9. What are the guidelines for a Healthy Snack?

Below are the guidelines for your healthy snack. Don't forget to check your portion size!

- 200 calories or less
- 7 g of fat or less
- 2 g of saturated fat or less
- 2 g of fiber or more
- 15 g of sugar or less
- Must contain a minimum of ½ cup fruit or vegetable per serving

10. Can parents and teachers sign up to take the challenge too?

No, the 21-Day Challenge sign-up and survey are only for students. We only give awards to elementary students enrolled in public schools. However, we encourage you to participate with your student(s). You may download the recipe book for free and use the Healthy Snack Finder as well.

11. What if I have questions about the 21-Day Challenge?

Contact your PE teacher.

SPECIAL CONTRIBUTORS

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Meet our corporate supporters!

These companies have pledged
to provide money for each
school district in the 2019
kids teaching kids[®]
21-Day Challenge.



**ZERO
HUNGER
ZERO
WASTE**

Kroger's commitment:
End hunger in our communities and eliminate waste
across our company by 2025



1 in 8
Americans
struggle with
hunger

40%
of food
produced in the U.S. is
thrown away



Powering TOMORROW'S SUPERHEROES

Whether it's cooking for the whole family or exploring the culinary arts for the first time, **you can count on Reliant** to power all your cooking adventures.

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la Madeleine[®] *new!* Kids Fit Menu

Featuring recipes created by talented Texas ProStart Culinary students



Apple Cinnamon Crêpe
Jacob Hernandez, Jisel Rodriguez & Abigail Morin
North Side High School,
Fort Worth



Ooh La La Chicken, Broccoli & Rice
Mark Torres
South Hills High School,
Fort Worth

AVAILABLE AT ALL LOCATIONS!



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2019 National ProStart Culinary Championship Team
Dr. Gene Burton College and Career Academy
Rockwall, Texas



Feeding Dreams. Building Futures

Texas ProStart® is a two-year high school program that unites the classroom and industry to develop the best and brightest talent into tomorrow's restaurant and foodservice leaders by building practical skills and a foundation that will last a lifetime..

TexasProStart.com
TXRestaurant.org



of Metropolitan Dallas

Kids Fit Menu! SM

Fruits and veggies
are not just for snack time!

Now you can find them in fun and creative meals created by high school culinary students. Choose a **Kids Fit MenuSM** restaurant partner next time you dine out. Visit our website to see menu items and find participating locations.

kids-teaching-kids.com



Coming
Soon



21-DAY CHALLENGE SNACKING LOG

The challenge evaluates snacking habits before, during and after the 21-Day Challenge. We are looking at frequency of snacks that include chips, cookies, candy, cake, soda, energy drinks, fruits & veggies. Parents, please help your child keep a log of their snacks both during and after the challenge. You will refer to the log to answer questions on the final assessment.

1. Each day for 21 straight days, create and eat a snack with a fruit or veggie. Use your recipe book or the “Healthy Snack Finder” tool at www.kids-teaching-kids.com to choose from hundreds of fun-to-make, fun-to-eat snacks.
2. Track snacks during and after the challenge, using the log tables below.
Note: You will use the information in the logs when taking the final assessment.
3. Complete the Final Assessment. Two weeks after completing the challenge, we will send an email and/or text alert to the same address used to sign up. It will have a link for a parent/guardian to go online with his or her child and answer a few questions.

Note: Please refer to the Snacking Logs when taking the final assessment.

NAME: _____

	Description of Snack (example: Fruit Pizza recipe or chips or cookies or Volcano Sandwich recipe)		Description of Snack (example: Fruit Pizza recipe or chips or cookies or Volcano Sandwich recipe)
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			

21 DAY CHALLENGE POST-CHALLENGE SNACKING LOG

	Description of Snack (example: Fruit Pizza recipe or chips or cookies or Volcano Sandwich recipe)		Description of Snack (example: Fruit Pizza recipe or chips or cookies or Volcano Sandwich recipe)
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			



Medical City Children's Hospital

kids teaching kids®



Coppell ISD
(pilot schools):
Cottonwood Creek
Lakeside
Mockingbird



RECIPE BOOK
DESIGNED BY
TYTY CAO
ANDY NGUYEN

